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Today's health professionals tell us that a healthy lifestyle contributes to a long and pleasurable life. The ways to stay fit vary from simply walking around the block to running marathons. In the spirit of fitness, the first annual Ford Meter Box Turkey Trot was held in November.

Ford employees, family members and friends joined in this inaugural 5K Turkey Trot, while twenty-nine participated in the one-mile fun run around the Ford Meter Box factory. David George, Industrial Engineering Specialist and Turkey Trot organizer, explained that the idea for the Turkey Trot started with the Employee's Association as, "a fun way for employees and their families to come together as a group of like-minded, healthy-living people, get some exercise and compete for a unique medal made here in our own foundry." The top three winners in five divisions were awarded medals designed and cast in the Ford Meter Box foundry.

In addition to the Turkey Trot, the Employee's Association hosted a Turkey Shoot. This decades old tradition brings together marksmen of all ages to compete for pumpkin pies and fresh turkeys. Competition is always high as co-workers and their families aim for the bullseye to win prizes.

These activities are just a couple of the opportunities offered for employees at Ford Meter Box to promote fellowship and healthy lifestyles. On a daily basis our on-site Health Club is available for weightlifting, cardio and organized workouts. Ford makes available to all employees a personal trainer for individualized exercise routines and a health coach to encourage and respond to questions about a healthy lifestyle. Incentives are also offered for keeping a healthy BMI and not smoking.



We understand that our people and community are vital to our success. Ford's commitment to health and safety benefits not only the company but our employees and customers as well.



The Ford Meter Box Co., Inc. 775 Manchester Avenue, P.O. Box 443, Wabash, Indiana, USA 46992-0443
Telephone: 260-563-3171 FAX: 1-800-826-3487 Overseas FAX: 260-563-0167 www.fordmeterbox.com